

TOPICS OF INTEREST TO EVERY WOMAN

EDITED BY JULIA CHANDLER MANZ

A Beautiful Exhibition
Of Pure Friendliness

By FRANCES SHAFER.

It was, as the newspapers tell it, during an intermission in the beautiful grand opera, "Aida," that spectators were treated to a unique exhibition of pure friendliness—unique because so rarely manifested in such a way.

It was at the Metropolitan Opera House in New York, and among the four hundred "standees" who patiently had clung to the best vantage point they could get during the first act, was a group of four young women. They had listened to the glorious opera, trilled along during the first act, and at its close had sat down in a snug group behind the brass rail, thankful to be among the four hundred granted standing room, rather than of the five hundred turned away.

While they sat there, gazing out upon the dazzling assemblage, in it but not exactly of it, a woman approached and she was gowned as if from another world than theirs. She was new, it was quite evident that they were the magnet, but when she asked them if they were standing they did not know what was in her mind. One of the little group stood up and assured her that they were standing—during acts; and then her deep-rooted graciousness shone forth.

A Gracious Act.

There were two vacant seats in her box, and if they cared to take turns in occupying them, they would be quite welcome, she said. Of course the young women gazed in sheer amazement, but equally, of course, they would be delighted, that is, if—But there was no "if" about it, for they were assured that the pleasure would be theirs. And as she left the crowded space where the "standees" were gathered, the expectant quartet followed and soon found themselves entering one of the choicest boxes in the big opera house. For one courtesy is born of another, you know, and when an usher noticed the gracious act he promptly found two additional chairs, and the little group that began standing well behind the brass rail enjoyed the rare pleasure of listening to the remaining act from the most exclusive portion of a very exclusive house. And they were four very delighted young women who drank in Verdi's exquisite music and for one happy night wandered in beautiful dreamland, because the whole thing was so much of a novelty.

Patience Rewarded.

Who knows. They may have been the most enthusiastic of all the eager crowds that began to gather at 2 o'clock in the afternoon for the rare opportunity of standing, throughout the entire performance, when the treat began hours and hours later. If the gracious box-owner guessed that they were, she was all the more gracious, for patients so great as that ought to be granted some recompense, whether the lure was the art of the singers or the pictorial brilliance of the whole dazzling scene. For even folks who are far and away from New York find a real lure in the personnel of the audience, where the great and the "near great" are gathered, and where society shines with a glitter all its own.

Ideally, it ought not to be a matter for comment when a woman of wealth and assured social position steps aside from her own familiar luxury to give to a fortunate few the opportunity of listening to the great opera, and to stand in the box of one's own—well, if it is not so very alluring to ask, stranger-folk right in one's midst.

But it is exceedingly gracious and very revealing.

Strange, it is not, that we so often hesitate to do the very thing that in the doing would stamp us as real gentlemen and real gentlewomen.

What great matter if folk call it a bit unconventional—deep down in their hearts they know it is the "real thing."

Just in passing, it is only the folk in one way or another right sure of themselves who venture to follow promptings that are not ready-made. And when they lead to kindly little exhibitions of true states, stranger-folk right well that there is "quality" that reaches below the surface.

Work and Joy.

The workman who lives in his work and not by it is putting vitality and joy into every hour. He is not grinding at distasteful tasks to the bare limit of the scheduled hours, and then hurrying elsewhere to live. He is consciously living, exerting his powers, enjoying their exercise, in his daily task. This then becomes his existence rather than the marginal hours spent outside the workshop. Until every tool can be so envisioned and so conditioned at his task as to feel his joy in it society will not have solved the human problem. Carlyle's man who sings at his work is exactly this man whose heart rejoiceth to run the daily race—Mary Stanhope.

Beef Loaf.

Mix thoroughly one pound of round or chuck steak, chopped, one pint of bread crumbs moistened and squeezed, one teaspoonful salt, a little black or cayenne pepper, one egg, one teaspoonful celery seed (minced onion or powdered sage may be used), and one-third cupful milk, pack into a well-greased pan, sprinkle over the top two crackers rolled fine and bits of butter, and bake for forty-five minutes in a moderate oven. Cut in thick slices. Also nice cold for luncheon, cut thin.

Use of Bengaline.

Bengaline is much employed as trimming. This material takes on tones in modish colors. Paris is using it for sashes and neck trimmings.

BECOMING MODEL.



New but not extreme, this design will appeal to many. A black and white striped voile is the material, and a pretty effect is gained by using stripes of two widths.

A girle of black velvet ribbon, edged with a fold of rose pink satin, and buttons, covered with the satin and stitched with black, are used as a trimming.

BLACK AND WHITE

CHECKS ARE POPULAR

Black and white checks are among the predominant effects in automobile coats, and these will take the place of the fur coats in the spring. Rough rattles are also to be patronized in the more expensive coats. They are decidedly more practical, as they do not show the dust so much as the smoother surfaced materials. They are also smarter looking.

Simplicity is the note for these motor coats, and no trimming whatever is attempted. The coat is full length, generally without any fancy seaming, and straight and high to the throat. The object of this is plain. A woman with such a coat can dress how she pleases underneath.

KITCHEN HINTS.

If a little vinegar be added to furniture polish it will be found to obviate the dead oily look so often perceptible after cleaning furniture. Always rub the way of the grain when polishing a smooth piece of furniture.

After using wood, scrubbing brushes will last much longer and keep perfectly clean if washed thoroughly in strongly salted water and hung in the open air to dry.

If you rinse a plate with cold water before breaking the eggs on it, add to them a pinch of salt, and then stand where there is a current of air, you will have no difficulty in beating them to a froth.

To make arrowroot jelly, moisten two tablespoonfuls of arrowroot in a little cold water, and then add a pint of hot water to this and boil for five minutes, stirring constantly. This should be prepared in a double boiler.

Needle Notes.

Every woman who cuts out from a paper pattern knows of the bother of pinning it flat to the cloth. Take a hot iron and smooth the tissue paper pattern over the cloth and it will remain flat without pins.

In making a garment it is well to remember that it will be tighter after the stitching than before. Thus if the stitching is done just outside of the busting a safe estimation has been taken to allow for this tightening.

The best way to finish off a machine seam is to turn the material and stitch back for an inch. This does away with the necessity of tying the thread, which if forgotten often causes trouble in the finished article.

To Curl Feather.

To curl ostrich plumes fill a flat pan with salt and make it very hot; then hold the plume over the salt, and the heat thrown out will curl the feathers without injuring them.

Lacquered brass can be cleaned by washing in hot water, and a little soap may be added if necessary.

ECONOMICAL MENUS
FOR THE HOME TABLEPlan Meals for Two Days in
Order to Use Left-

BREAKFAST.
Halved Grape Fruit.
Economic Egg Omelet.
Graham Muffins.
Caramel Cereal Clear Postum.
LUNCHEON.
Baked Macaroni with Cheese.
Plum Jelly.
Bread and Butter.
Imitation Devil's Food Cake.
DINNER.
Lima Bean Soup.
Beef Loaf, Tomato Sauce.
Baked Potatoes, Celer.
Apple Pudding.
BREAD AND BUTTER.
Shredded Wheat Biscuit.
Dried Beef Gravy.
Caramel Cereal.
or Postum.
LUNCHEON.
Rice with Raisins and Creamy Milk.
Stewed Prunes.
Oatmeal Cookies.
Cocoa.
DINNER.
Tomato Soup.
Escalloped Salmon.
Mashed Potatoes, Cabbage Slaw.
Ginger Pudding Lemon Sauce.

Economic Egg Omelet.
For five persons use four eggs beaten till foamy, and for each egg add one tablespoonful milk, and one large cracker rolled fine, and a pinch of salt. A dash of cayenne, a little minced onion or parsley may be added. Pour the mixture into a hot, greased skillet. When ready to turn, cut into five sections and turn quickly with a pancake turner. Serve on hot platter.

Apple Pudding (No Butter or Eggs).
Pare and slice thin six large apples. Season with sugar and nutmeg or cinnamon. Add a little water. Place in well greased pan and pour over the apples a batter made as follows: One pint flour, a pinch of salt, one tablespoonful sugar, one heaping teaspoonful baking powder, one rounded tablespoonful lard or cottonseed oil. Mix with these ingredients enough milk or milk and water, to make it right consistency to drop from the spoon. Bake one-half hour in good oven. Eat with creamy milk or a pudding sauce.

Imitation Devil's Food Cake.
Two tablespoonfuls butter or butterine, one cup sugar, two eggs, two-thirds cup milk, one-third cup grated chocolate or cocoa, barely dissolved in warm water, one teaspoonful vanilla, one rounded tablespoonful baking powder, stirred into two cupfuls flour—little more flour if loaf cake is preferred. Mix and bake as any butter cake. (Note: Also, one cupful chopped nuts and sprinkled with a little flour and salt.) Either white or chocolate icing good.

Dried Beef Gravy.
After picking to pieces, each slice of dried beef toss quickly in hot greased skillet till quite brown. Add slowly enough water to well cover and simmer for ten minutes after it boils. Make a thickening of two rounded tablespoonfuls flour, stirring into the water gradually and add more milk (or milk and water) till consistency of thick cream. An egg or a left-over yolk beaten into the thickening improves the gravy. Serve on bread or toast.

Oatmeal Cookies.
Cream one cupful shortening with one cupful sugar, add two eggs, one tablespoonful cinnamon, two generous tablespoonfuls soda, one rounded tablespoonful milk, which one level teaspoonful soda has been added, two and one-half cupfuls oatmeal and two and one-half cupfuls flour. Do not roll too thin. Cut in any shape desired.

The loaf, potatoes and pudding first day for dinner may all be baked at one time, thus economizing gas; also the scalloped potatoes and baked apples for luncheon the same day. The cake will do for luncheon three days and the cookies for several times.

Materials purchased for two days:
Graham flour.....2 lbs.
Eggs.....2
Butter.....1 lb.
Cocoa.....1 lb.
Cayenne.....1/2 lb.
Celery.....1 lb.
Cider.....1 lb.
Apples.....1 lb.
Milk.....1 lb.
Total.....\$6.00

Materials on hand purchased to last a week or more: Flour, cocoa, caramel, lima beans, potatoes, sugar, rice, macaroni, raisins, breakfast foods and butterine. Jelly is home-made.

Leftovers—Lima beans, cooked day before; juice from can of tomatoes used for sauce one day, and the pulp for soup the next day. Egg yolks left after icing cake used in dried beef gravy. Sufficient rice is cooked second day to leave enough for pudding the third day.

Some of the things that contributed much to the greatness of Washington are not beyond the reach of any one. For example, he wrote: "I never say anything of a man that I have the smallest scruple in saying to him."

Think only of accuracy, never of effect or expression.—Ruskin.

CREEPING APRON.



This pattern provides for a creeping apron for a baby and also for a plain sack apron for the older lot. The creeping apron is gathered at the knees. The sack apron has belt at back and turn-down collar. Gingham, percale, chambray, and seersucker are available materials.

The pattern, No. 6137, is cut in sizes one-half to three yards, and requires for creeping apron 2-3 yards of 27-inch goods, and for sack apron 1-3 yards of 27-inch material.

The above pattern can be obtained by sending in cents to the pattern department of The Washington Herald.

Romantic Ireland

"LEARN ONE THING EVERY DAY."

No. 4. THOMOND BRIDGE—LIMERICK.

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Limerick on the River Shannon in Ireland has had a varied and exciting history. The Domes in 812 A. D. were the first to decide that that particular spot was a pretty good place to settle down in, and they made it their principal town in the kingdom of Limerick.

Brian Boromhe, the warlike King of Thomond or North Munster, was the man who expelled these invaders of Ireland from Limerick in 971. From then on until the English managed to capture it in 1171 the city was the seat of all the Kings of North Munster.

It was along in 1871 that Limerick came to be called "The City of the Violated Treaty." This is the way it happened: In 1603 William III, King of England, besieged Limerick. Try as he might, however, he could not capture it, and both sides agreed to end the long siege by a treaty. This treaty was signed on Thomond Bridge, which crosses the Shannon. The very stone on which this treaty was signed is still preserved. It has been placed on the west end of the famous bridge.

A great historic interest attaches to this incident. It is said that a clause—an important clause bearing on property rights—was omitted from the final draft of the treaty. The question as to whether this was accidental or intentional has

been a subject of discussion during all the years since that historic day.

The city of Limerick is really divided into three parts. That part called the Irish Town was the first founded. The English Town on Kings Island was founded by William de Burgo, Edmund Sexton Pery, Speaker of the Irish House of Commons, founded Newerton Pery, that part of Limerick on the bank of the Shannon opposite Irish Town, in 1790. The prosperity of the city began about that date. The Pery family afterward received the title of the earldom of Limerick.

On Kings Island stands the Cathedral of Saint Mary, which was originally built in 1192-1196. Since then it has been altered several times.

Every day a different human interest story will appear in The Herald. You can get a beautiful intangible reproduction of the above picture, with five others, equally attractive, 7-9 1/2 inches in size, with this week's "Mentor." In "The Mentor" a well-known authority covers the subject of the picture and stories of the week. Readers of The Herald and "The Mentor" will know art, literature, history, science, and travel, and own exquisite pictures. On sale at The Herald office. Price, 10 cents. Write to-day to The Herald for booklet explaining the Associated Newspaper School plan.

INDIAN FOLK SONGS
TO BE PERPETUATEDSecretary of Interior Lane Appoints
Instructor to Learn
Melodies.

Secretary of the Interior Lane yesterday appointed Geoffrey O'Hara as an instructor in music under the Bureau of Indian Affairs. Mr. O'Hara is a composer, whose duty it will be to record native Indian music and arrange it for use in the Indian schools. He is to live on the reservations with the Indians and obtain a record of the music, and with this as a basis cultivate the use of Indian songs in the schools.

Eminent musicians have expressed their astonishment that the American people should have left this field of important music to the Indians. In view of the beautiful themes derivable from certain native songs, which rapidly are now passing into oblivion on the death of the old members of the tribes and the loss of the songs to the younger generation or another everything distinctively original in the young Indians. In his letter directing the appointment of Mr. O'Hara, Secretary Lane said: "I think that it is the part of wisdom to develop in the young Indian an increased respect for all those things of beauty which their fathers produced. Our people should be made to feel the pride of their ancestors and to keep alive in their memory of their whole-some legends and their aboriginal art."

WHAT A ROOSEVELT!

Assistant Secretary of Navy Falls
to Start a War.

For the first time since that day early in 1898, when Theodore utilized the fact of his being acting Secretary of the Navy to proceed with preparations for war with Spain, thereby bringing Secretary Long back from his vacation, Secretary of the Navy has been in charge of the United States Navy. In the absence of Secretary Daniels, Franklin D. Roosevelt, the youthful former Senator of New York, now Assistant Secretary, was "holding down the lid."

"There's a Roosevelt on the job today," he said when he greeted the newspaper men. "You remember what happened the last time a Roosevelt occupied this position."

Mr. Roosevelt spent his day as Acting Secretary of the Navy, and the example of his namesake, and no unusual activities resulted from his brief incumbency.

Today he will begin a visit to the Navy Yard along the Atlantic seaboard. His first visit will be to the Washington Navy Yard, thence he will go to Philadelphia, New York, and Brooklyn. The remainder of his Secretary's itinerary will be given out today.

Today's Beauty Recipes

"Mother's Balm" is a splendid remedy for chaps, cold sores, pimples, eczema, and skin eruptions. It is antiseptic and is an ideal application for any abrasion of the skin. It is home-made, cooling and soothing. "Thin and scrawny" women who desire to take the Vaseline home treatment for slumping the figure should make a paste of the cupful sugar and a pint of water, into which is stirred an ounce of gallol. Take two teaspoonfuls before meals. This treatment restores symmetry of form, but is not a fat maker.

"If your eyebrows are thin and falling out, everything points to a parasitic origin of the disease. Mother's Shampoo removes these parasites, but is not harsh in action. It makes the hair one and fluffy. Mother's Shampoo is sold by druggists for 25 cents a package of ten shampoos.

"An ideal complexion beautifier is easily made at home by dissolving in a half pint water an original package of mayonnaise. This should be applied the morning instead of face powder. It makes the skin soft and smooth and corrects spotted, yellow and brown spots, renders in color and trains them into regular arches. Superfluous hair on face or forearms is removed quickly and safely by a single application of detanant. Make a paste with a little water and powdered detanant, cover the hairs, leave on two minutes, then remove and wash the skin. The hairs will be gone.

NEW TROPHY FLAG.

High School Boys to Have Another
Banner for Streamers.

The famous old trophy flag for which the high school cadet companies have fought more than a score of years will be abandoned and a new one substituted. The trophy will be raised and will be loaned to the several high schools from time to time.

Every high school has one or more streamers in the banner. Each year the winning company has its insignia, and the date of the drill added to the banner. The banner dates back to the first annual competitive drill of the high school cadets.

PEACE OVERTURES MADE.

Huerta Government Wants to Make
Terms with Rebels.

The Huerta government in Mexico is endeavoring to treat with Gen. Salazar, the rebel leader in the State of Chihuahua, according to advice to the State Department yesterday from the American Embassy in Mexico City.

The government is belittling the disturbances in the north; it is stated, and claims that the Carranza rebellion has already been broken up. It is admitted that it will require considerable time for the Huerta government to regain control in Sonora, owing to the inaccessibility of that region and the difficulties of getting troops into the state.

Excitement has been caused in Monterey by the reports that the Mayor of that city, who is a brother-in-law of the rebellious Gov. Carranza, and a number of other prominent men have been arrested on charges of disaffection and sent to Mexico City.

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